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**Red  
eye**

**Tuesday**  
MAY 26, 2009

[redeyechicago.com](http://redeyechicago.com)

A Chicago Tribune  
publication

★ FREE ★

REDEYE ILLUSTRATION

# building a marathon runner

Training for 26.2 miles isn't easy, but you can do it  
with these tips—how to hit the ground running 24-25



# 2do



## To eat

Score a free cupcake from 8 a.m.-4 p.m. Tuesday at Southport Grocery and Cafe (3552 N. Southport Ave.). Visit [southportgrocery.com](http://southportgrocery.com) and follow the links to Facebook and Twitter, then print out the proof that you're a follower.

## To listen

Attend a free concert by electronic artist Gas (Wolfgang Voigt) at the Chicago Cultural Center (78 E. Washington St.) at 7 p.m. Tuesday. The event is a 90-minute audio-visual performance created in collaboration with video artist Petra Hollenbach.

## To win

Submit stories of your bleach accidents at [listentoyourclothes.com](http://listentoyourclothes.com) through the end of the year for a chance to win a \$10,000 laundry room makeover.



## Aye, aye caption

Text us a funny caption for the photo at left and we'll print the best in an issue of RedEye. To give it a shot, text the word "caption" followed by your brief caption and your name to 87708. Good luck!



### FRIDAY'S WINNING CAPTION

"Looks like maybe they should add a 'ting' to their acronym!" —Anton Cobb

**txtable**



Aquino



Roberts

## Celebrity twin

Do you look like a celebrity? Show us! Send us your picture along with the name of the celeb who shares your style to [dlhernandez@tribune.com](mailto:dlhernandez@tribune.com). For Tuesday, we have Jenny Aquino. Think she's a ringer for Julia Roberts? Text "twin" and the number of your opinion to 87708. You'll get the poll results instantly.

1. Dead on
2. Way off



**67** 60

### TODAY'S FORECAST

Cool, wet and stormy—a good day to be inside



WED.

**69**  
52

More rain



THU.

**72**  
52

Clouds move out



FRI.

**74**  
52

Catch some rays



SAT.

**76**  
55

This is nice!

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President Obama takes part Monday in a wreath-laying ceremony at the Tomb of the Unknowns in Arlington, Va. GETTY IMAGES

# Obama salutes U.S. forces

He observes Memorial Day with somber holiday tradition

**Associated Press**

WASHINGTON Barack Obama marked his first Memorial Day as president on Monday, saluting the men and women of America’s fighting forces, both living and dead, as “the best of America.”

The president spoke after participating in a solemn holiday tradition, laying a wreath at the Tomb of the Unknowns at Arlington National Cemetery, the burial ground for American veterans dating to the Revolutionary War.

In remarks after laying the wreath and observing a moment of silence, Obama said he wondered why the country’s fallen warriors felt a sense of duty and answered the call to serve, knowing they might have to make the ultimate sacrifice.

The president also sought to dodge a racial controversy, sending wreaths to a monument for Confederate soldiers

and a memorial honoring more than 200,000 blacks who fought for the Union during the Civil War.

The nation’s first black president continued tradition and had wreaths delivered to the Confederate Memorial at Arlington National Cemetery, the 600-acre site across the Potomac River in Virginia that once was Confederate Gen. Robert E. Lee’s estate. The White House also sent a wreath to the African American Civil War Memorial in Washington’s historically black U Street neighborhood.

Presidents traditionally visit Arlington to personally leave a wreath at the Tomb of the Unknowns, a marble structure with the remains of unidentified U.S. military members who died during war. Presidents then have aides deliver wreaths to other memorials or monuments, generally including the Confederate memorial.

“

Why in an age when so many have acted only in pursuit of narrowest self-interest have the soldiers, sailors, airmen and Marines of this generation volunteered all that they have on behalf of others? Why have they been willing to bear the heaviest burden? Whatever it is, they felt some tug. They answered a call. They said ‘I’ll go.’ That is why they are the best of America. That is what separates them from those who have not served in uniform, their extraordinary willingness to risk their lives for people they never met.”

PRESIDENT OBAMA

# President: World must ‘stand up to’ North Korea

**Associated Press**

WASHINGTON President Obama assailed North Korea on Monday for new missile tests, saying the world must “stand up to” Pyongyang and demand that it honor a promise to abandon its nuclear ambitions.

Appearing on the White House steps, Obama said that its latest nuclear underground test and subsequent test firings of short-range ground-to-air missiles “pose a grave threat to the peace and security of the world and I strongly condemn their reckless action.”

It was his second statement within hours of the tests, the latest in a number of nuclear actions that Obama said “endanger the people of Northeast Asia.” He called it “a blatant violation of international law” and said that it contradicted North Korea’s “own prior commitments.” Obama had released a written statement chastising the North Koreans in the early morning hours of Monday.

In Pyongyang, North Korea said that it had carried out a powerful underground nuclear test—much larger than one conducted in 2006.

“We are gravely concerned by North Korea’s claims. We are analyzing the data,” the State Department said in a statement. “The U.S. Geological Survey confirmed that a seismic event took place consistent with a test.

The rocket liftoff, widely believed to be a cover for a test of its long-range missile technology, drew censure from the UN Security Council, calling the test a clear violation of its resolutions.

Reining in Pyongyang’s nuclear program has been a continuing problem for U.S. administrations, dating to the Clinton administration.

## Twitter TV

Twitter, which always asks what everyone is doing, says it wants to be doing a TV series. It said Monday it has teamed with Reveille productions and Brillstein Entertainment Partners to develop an unscripted series based on the site, which invites 140-character postings from members around the world.

The show would harness Twitter to put players on the trail of celebrities in an interactive, competitive format.

Although the producers call their proposed series the first to bring the immediacy of Twitter to the TV screen, a few news organizations already interact with viewers using the service.

That said, here are a few shows that RedEye would like to see Twitterized. AP, REDEYE

### Two and a Half Men

First person who is not Charlie Sheen to tweet in that they find it funny keeps show on air. We’re waiting. Still waiting.

### I’m a Celebrity ... Get Me Out of Here!

Tweeters get to vote on who (Patti) should be taken off (Blagojevich) the show (not a celebrity).

### 30 Rock

The Tracy Jordan Mysteries: Lucky tweeter who figures out clues and solves the puzzle gets a cameo.

### Oprah

First person to successfully teach her how to actually use Twitter gets to appear on show.

### Scrubs

Recently renewed, but less of Zach Braff this time around. Fans could send in lines via Twitter. Producers could stitch them together. Voila! Audience-created episodes.

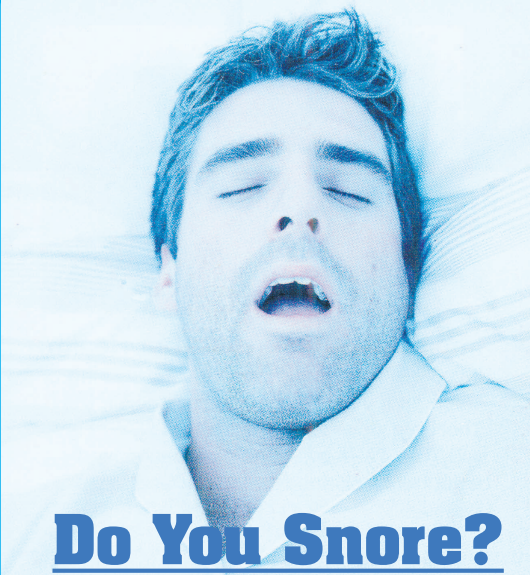
### Ellen

Two people film themselves dancing, upload videos and Twitterverse votes for winner.

### Tonight Show with Conan O’Brien

Just rip off what Jimmy Fallon’s doing, which seems to work well.





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# Orange you glad to stop here?

## A battle of the 2 airport stops

Compare O'Hare and Midway airports by operations, and it's easy to name O'Hare the runaway winner. About 70 million passengers traveled through O'Hare last year compared with the 17.3 million that passed through Midway, according to the Chicago Department of Aviation.

But contrast the CTA stops that serve the airports, and you have a fair fight.

On Memorial Day weekend, the unofficial start of summer travel season, "Going Public" rode the Orange Line from Midway to Clark/Lake, then transferred to the Blue Line to O'Hare. We've compared the two stops on three fly-tertia.

### CATEGORY: Rider strong

☐ **MIDWAY:** There were 2,771,112 rides at that station last year. A total of 266 round trips are made each weekday to and from Midway.

☒ **O'HARE:** There were 2,971,394 rides at that station last year. A total of 360 round trips are made each weekday to and from O'Hare.

### CATEGORY: On the right track

☒ **MIDWAY:** Three outdoor tracks, 8 turnstiles, 1 handicapped entrance, 2 main elevators, 4 escalators.

☐ **O'HARE:** Three indoor tracks, 9 turnstiles, 1 handicapped entrance, 1 main elevator, 2 escalators.

### CATEGORY: Amen-ities

☒ **MIDWAY:** Five drink vending machines, 1 bike rack that can hold 28 bikes comfortably.

☐ **O'HARE:** Four drink vending machines, 1 bike rack to hold 2 bikes comfortably.

**OVERALL WINNER:** The check marks show Midway is the rail winner. Sorry O'Hare, don't be blue.

### RIDERS' BLOCK

My pledge to ride every CTA bus line continues. I rode the No. 50 Damen last week and boiled my review down to 140 characters, the size of a Twitter tweet.

@tracyswartz Edgewater/Clark to 35th/Archer/Orange Line in 66 mins ... not convenient for N. Siders to get to Midway. Stops at Brown, Pink, Blue Lines.

**Next up:** No. 75—74th-75th Streets.



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## Transit by phone the next big thing?

### Chicago Tribune

With a wave of their phone over a sensor, Chicago-area transit riders could soon board buses or trains as quick as a beep while the fare is automatically deducted from their online account. No cash, paper ticket or pass would be needed.

Such fare-phones are being considered by the Regional Transportation Authority, which already is developing a revamped fare system using so-called "smart" credit cards that would work on the CTA, Metra and Pace.

"I think it's one of the most promising technologies out there," said Joseph Moriarty, the RTA's principal analyst.

A recent pay-by-phone trial in San Francisco, the first of its kind in the nation, proved so promising that the Bay Area Rapid Transit system is considering its adoption, a BART spokesman said. The technology is already used in Europe, Japan, China and South Korea.

BART estimates it could avoid printing 32 million paper tickets and save \$650,000 a year by converting to such a system, said James Fang, vice president of BART's board of directors and a proponent of fare-phones.

San Franciscans used phones equipped with a special technology called near-field communication. These NFC microchips allow secure communication between phones and sensors.

## Illinois records 1st swine flu death

### Chicago Tribune

A Chicago resident became the first person in Illinois to die of swine flu, the Illinois Department of Public Health said Monday.

Melaney Arnold, a spokeswoman for the Illinois Department of Public Health, would confirm only that the person was from Chicago and died over the weekend. Arnold refused to say the gender or age of the victim, citing confidentiality and the wishes of the family.

The victim had underlying medical conditions, but Arnold said that she did not know what those conditions were.

# Wilco's Tweedy 'saddened' by former band mate's death

### Chicago Tribune

Jay Bennett, a former member of Chicago-based rock band Wilco, died Sunday, according to a posting on the Web site of his record label. He was 45.

Bennett, a multi-instrumentalist who was a member of Wilco from 1994 to 2001, was a creative foil to bandleader Jeff Tweedy on the band's highly acclaimed albums "Summerteeth" and "Yankee Hotel Foxtrot."

Bennett's acrimonious split from the band after the recording of the latter album was chronicled in the 2002 documentary "I Am Trying to Break Your Heart."

Earlier this month, Bennett sued Tweedy



Bennett

in Cook County Circuit Court claiming that he was owed royalties on Wilco songs and compensation for his appearance in the documentary.

Tweedy released this statement on the group's Web site: "We are all deeply saddened by this tragedy. We will miss Jay as we remember him—as a truly unique and gifted

human being and one who made welcome and significant contributions to the band's songs and evolution. Our thoughts go out to his family and friends in this very difficult time."

The sometimes tumultuous partnership between Bennett and Tweedy reached an impasse during the recording of "Yankee

Hotel Foxtrot," and Bennett left the band shortly after the record was finished.

"I was starting to feel more and more limited, and Jeff recognized that," Bennett told Tribune critic Greg Kot in 2002. "It's like breaking up with a girlfriend. At first it really hurts, but you realize once your ego heals that it was the right thing to do. We're both better off that it happened."

An autopsy was planned for Tuesday by the Champaign County Coroner.

"We are profoundly saddened to report that our friend died in his sleep last night," read a posting on the Web site of Undertow Music Collective, which released Bennett's first three albums. "Jay was a beautiful human being who will be missed."

## A day to remember



A person lays flowers Monday at the Vietnam Memorial next to the Chicago River.

ALEX GARCIA/  
TRIBUNE



# Morning blast shatters windows in NYC Starbucks

## 1 A degree for Clinton

Secretary of State Hillary Clinton headlined the list of honorary degree recipients at Yale University's commencement Monday in New Haven, Conn. Clinton is a Yale Law School graduate and met Bill Clinton there in 1970.

## 2 Atlantis comes home

Space shuttle Atlantis and its seven astronauts returned safely to Earth, detouring from stormy Florida to sunsplashed Edwards Air Force Base in California to end a 13-day mission that repaired and enhanced the Hubble Space Telescope.

## 3 Ex-con advised Cowboys

The Dallas Cowboys used advice from a man who falsified his educational credentials and served federal prison time for drug trafficking to make major structural reinforcements to a practice facility whose collapse injured a dozen people.

## 4 Swine flu statue

A Mexican sculptor is putting the finishing touches on a bronze statue of a 5-year-old boy who became Mexico's earliest confirmed case of swine flu. The statue of Edgar Hernandez will be erected in La Gloria, a pig-farming village.



## 5 Temple attack

Investigators believe a sermon at a Sikh temple in Vienna set off an attack that saw worshippers use a frying pan and microphone stands to fend off knife- and gun-wielding assailants who fatally shot a cleric, police said Monday. The death sparked riots in several northern Indian cities. **AP PHOTO**

## 6 Pelosi in China

U.S. House Speaker Nancy Pelosi, long a fierce critic of Beijing, toured Shanghai on Monday on a visit focused on environmental issues rather than human rights, though her presence emboldened protesters.

## 7 Scientology battle

The Church of Scientology could be dissolved in France if it is convicted in a trial that opened Monday in a Paris court, where the group and seven of its French leaders stand charged of organized fraud and illegal pharmaceutical activity.



New York Police Department officers and officials investigate on Monday the scene of an explosion outside a Starbucks in New York. **GETTY IMAGES**

**8 NEW YORK** An explosion early Monday morning on Manhattan's Upper East Side, possibly caused by a small bomb made from fireworks, destroyed a sidewalk bench and shattered windows in a Starbucks coffee shop.

No one was injured in the blast, which happened around 3:30 a.m.

Investigators were looking into the similarities between the explosion and others that have taken place in the city over the last four years, Police Commissioner Ray Kelly said. The bomb went off around the same time of day as an explosion at the British consulate in May 2005, another at the Mexican consulate in October 2007 and one at the Times Square military recruiting station in March 2008.

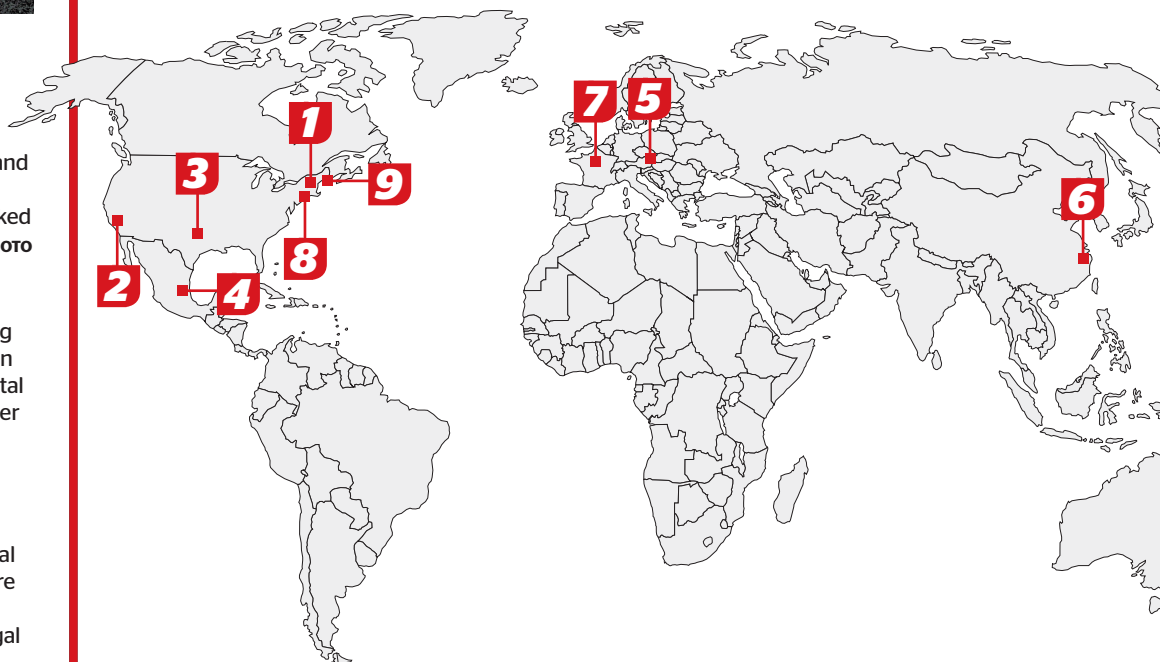
"We don't know the motive. Obviously it is a cause for concern, but we're going to do an in-depth investigation," he said.

Kelly said the explosive appears to have been placed on the seat of the bench, but he didn't know what kind of container it was in.

Police also were looking at whether the Starbucks—at 92nd Street and Third Avenue, a few blocks from the Guggenheim Museum—was the target.

## IS THERE A LINK?

In the previous bombings, a bicyclist was seen in the area prior to the explosions. No witnesses came forward immediately Monday, and police still have to see what, if any, security camera footage is available, police said.



## Hope you're hungry

**9 PORTLAND, Maine** As record-setting sandwiches go, the planned world's largest lobster roll will be a colossal crustacean creation.

A team of culinary whizzes plan to combine 45 pounds of lobster meat, four gallons of Miracle Whip and a special blend of herbs and seasonings into a mix that will be slathered onto a 60-foot roll—so large that the bread will be brought in on a flatbed truck.

The monster lobster roll is to be unveiled June 7 during Maine's Old Port Festival in Portland.

The lobster roll will be cut into 4-inch sections that are to be sold as part of a fundraiser for a Portland neighborhood association for youth swimming lessons.



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			2007 CHEVROLET SILVERADO 3500 LS w/ Stake Body	Stk. #FS8029	\$19,350*	2006 MERCURY MILAN PREMIER	Stk. #29377	\$13,850*
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			2007 FORD EXPLORER EDDIE BAUER	Stk. #FS8128	\$19,850*	2008 PONTIAC GRAND PRIX GP	Stk. #FS7788	\$14,450*
			2007 FORD EXPLORER EDDIE BAUER 4WD	Stk. #FS7975	\$20,250*	2006 MERCURY MONTEGO PREMIER	Stk. #FS8030	\$15,650*
			2008 MERCURY MARINER LUXURY 4WD	Stk. #FS7988	\$20,650*	2006 VOLVO S60 2.5T	Stk. #FS7999	\$15,750*
			2008 NISSAN FRONTIER LE CREW CAB	Stk. #29542	\$20,650*	2006 CADILLAC CTS	Stk. #29498	\$15,850*
			2006 TOYOTA TACOMA SPORT CREW CAB	Stk. #29435	\$20,850*	2005 LINCOLN TOWN CAR SIGNATURE LIMITED	Stk. #FS7838	\$16,950*
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			2007 TOYOTA FJ CRUISER	Stk. #FS7998	\$21,550*	2008 CHEVROLET MALIBU LS	Stk. #FS8136	\$16,975*
			2006 FORD EXPLORER EDDIE BAUER 4WD	Stk. #FS8078	\$21,850*	2007 MERCURY MONTEGO PREMIER AWD	Stk. #FS8079	\$18,950*
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			2005 INFINITI FX35 AWD	Stk. #FS7943	\$26,450*	2008 MERCURY SABLE PREMIER	Stk. #FS8124	\$19,650*
			2006 FORD F150 SUPER CREW KING RANCH 4WD	Stk. #FS8001	\$27,250*	2006 LINCOLN ZEPHYR	Stk. #FS8170	\$19,650*
			2008 VOLVO XC70 3.2 AWD	Stk. #FS8037	\$27,850*	2008 VOLVO S80 3.2	Stk. #FS8032	\$25,450*
			2007 GMC YUKON DENALI XL AWD Leather!	Stk. #29475	\$29,995*	2006 CHEVROLET CORVETTE CONVERTIBLE Z51 w/ Navigation	Stk. #29489	\$39,850*
			2005 FORD F450 SUPER DUTY DIESEL DUALY	Stk. #FS8111	\$41,850*	2008 AUDI S5 QUATTRO	Stk. #29393	\$49,850*

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# sports

# WATER WORKS

## Reutimann uses rain to his advantage to win first Sprint Cup

### Associated Press

**CONCORD, N.C.** It took 75 races and three rain delays for David Reutimann to earn his first Sprint Cup Series victory. And it came in one of NASCAR's biggest races of the season.

"It wasn't the prettiest win, but somebody has to win," he said. "When you envision yourself winning your first Sprint Cup race, you envision it different. But it's so hard to win these deals, we'll take it any way we can."

Reutimann didn't lead a single lap under green-flag racing Monday during the rain-delayed Coca-Cola 600. He had a mid-pack car as teams jockeyed for position just past the halfway point of the gloomy race, which was washed out Sunday and carried over to Monday for the first Memorial Day running in its 50-year history.

Because the radar showed a long night of intermittent showers, no one believed the longest race on the NASCAR schedule would go the full 600 miles. So began the game of racing to the front in



David Reutimann waits out a weather delay Monday. GETTY IMAGES

hopes of being in the right place when the event was finally called.

When rain brought out the caution 22 laps past the halfway point, leader Kyle Busch led a parade of cars down pit road. But Reutimann, Ryan Newman and Robby Gordon didn't follow, and the three moved to the top of the leaderboard.

They led the field for five laps under caution before NASCAR called the cars back to pit road for the third and final rain stoppage.

### TONY SEES RED

The red flags for rain that plagued the race allowed for drivers to get out of the cars—and argue.

Tony Stewart went up to eventual winner David Reutimann during a delay just before the halfway point.

"Just being smart out there," Stewart said of what he told Reutimann. "We caught him and he raced us real hard. We've got 425 miles left in the race at that point."

Reutimann's team didn't take kindly to the advice, and Stewart then got into an argument with mechanic Dwayne Bigger.

"Then he's got a bald crew guy down there that wants to jump up there and be Billy Bad Butt," Stewart said. "Maybe he needs to ride in there with him since they both seem to have it all figured out." AP



David Reutimann (right) leads a group of cars Monday during the NASCAR Sprint Cup Series Coca-Cola 600 in Concord, N.C. GETTY IMAGES

## Indy's money man

Helio Castroneves' win in the Indianapolis 500 on Sunday provided a fairy-tale ending to what had been a tumultuous year. He spent much of the off-season fighting tax evasion charges, only to be acquitted and then win racing's biggest event. Take a look back at his ups and downs.

REDEYE, AP CONTRIBUTED



**November 2007**  
Castroneves wins "Dancing With the Stars."

**Oct. 2, 2008**  
He's indicted on 6 counts of federal tax evasion and 1 count of conspiracy to defraud the government.

**March 2, 2009**  
His trial begins in U.S. District Court in Miami.

**April 9**  
Closing arguments are delivered.

**April 17**  
A jury acquits him of six counts of tax evasion.

**April 18**  
He returns to his No. 3 IndyCar Series car at Long Beach, Calif., but he crashes in qualifying.

**April 19**  
He finishes seventh at Long Beach.





**starting five**

The to-do list for sports fans this week.  
[redeyesports@tribune.com](#)

**WATCH**

**Fire at Chivas USA**

9:30 p.m.  
Thursday, ESPN2

The Fire have not lost a game this season. Of course, they've also tied six times (thanks, soccer rules). Still, they are in first in the Eastern Conference; Chivas is first in the Western Conference. Let's get ready to rumble!

**WATCH**

**Blackhawks at Detroit**

6:30 p.m. Wednesday, Versus

The Hawks could be eliminated, so don't miss a chance to see Chicago hockey one last time. If it's anything like Game 4, though, you might want to close your eyes.

**READ**

**Are You Kidding Me?: The Story of Rocco Mediate's Extraordinary Battle with Tiger Woods at the U.S. Open**  
*In stores now*



If reading the title of Mediate's book doesn't tire you first, this account of what Tiger called one of his greatest wins ever is sure to be a hit.

**ATTEND**

**Machine vs. Boston**

3 p.m. Saturday, Soldier Field

Didn't think you'd be able to see a game at Soldier Field until the Bears start? Think again. This'll be the first ever Major League Lacrosse game in the city, and you can be there for just \$20. Not including beer tab.

**PLAY**

**Indianapolis 500 Legends Racing, Wii**  
*In stores Sunday*



Relive Helio Castroneves' Indy 500 win on Sunday with this rereleased game pack that comes with two steering wheels. One for you and one for your back-seat driver?

**April 26**

He finishes second at Kansas Speedway.

**May 9**

He wins the pole for the Indianapolis 500—and \$100,000 in the process.

**Friday**

The remaining conspiracy charge against him is dropped in Miami. At Indy, he wins the pit stop competition.



**Sunday**

He wins his third Indianapolis 500, behind only the four wins of A.J. Foyt, Rick Mears and Al Unser Sr.

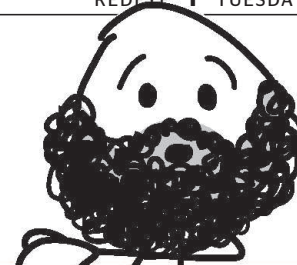
**Monday**

During the Indy 500 Victory Celebration, he is awarded \$3,048,005, a race record. "It's not all mine," Castroneves said. "That's definitely going to help pay my attorneys."



## Your type?

Marc Silverman (9 a.m.-1 p.m. weekdays, 1000-AM) and Alex Quigley (7-10 p.m. weekdays, Q101.1-FM) trade in their mics for keyboards for a day.



TOPIC	TRACY SWARTZ <a href="mailto:tswartz@tribune.com">tswartz@tribune.com</a>	ELLIOTT SERRANO <a href="http://redyechicago.com/geektome">redyechicago.com/geektome</a>	MARC SILVERMAN <a href="http://espnchicago.com">espnchicago.com</a>	ALEX QUIGLEY <a href="mailto:redeyesports@tribune.com">redeyesports@tribune.com</a>	STICK FIGURE <a href="http://twitter.com/redeyesports">twitter.com/redeyesports</a>
<b>1</b> What's the significance of Memorial Day falling in the middle of the Blackhawks-Detroit series?	It is a grave sight.	None really. Hawks fans will want to forget this series pretty quickly.	Don't cry. It's the end of May, and we're still interested in hockey. Pretty significant!	We can remember the good ol' days, when we didn't have to play Detroit.	We had grilled Red Wings at our barbecue.
<b>2</b> What's the secret to beating the Red Wings in Detroit?	Those Wings will melt when they fly too close to Samuel Pahls-son.	Jump the team in the parking lot before the game. Happens all the time in Detroit.	Replace the Wings' sticks with the Cubs' bats.	Hire Silvy as a special assistant. To the Red Wings.	I bet if you talked to them nicely and asked, they might let the Blackhawks win.
<b>3</b> Chicago's baseball teams are struggling. Is it too early to bail on them?	Perhaps we should Bale on them. Scream until we get results.	Go ahead and bail, just don't ask for those tickets back again in August.	I can't hear you. I'm already in Bourbonnais. Happy Jay Cutler Day.	Cubs, not yet. Sox? Well ... I think Jake Peavy already answered this one.	It's not whether you win or lose, it's how you play the game. In this case, badly.
<b>4</b> What could go wrong at a U.S.-Iran soccer match?	A fatwa against the game ending. Seems like that happens every soccer match.	Insert "Jimmy Carter playing goalie for U.S. team and being held hostage by Iran" joke here.	One of the Iranian cheerleaders could have a wardrobe malfunction and accidentally show her ankles.	Someone might try to spell "Ahmadinejad."	Iran loses and they go nuclear.
<b>5</b> Shaquille O'Neal challenged Lance Armstrong to a bike race on Twitter. How would that turn out?	Because it's Shaq, I'm sure this race won't be abbreviated.	Just how do you race bikes on Twitter? It would be the only way Shaq would stand a chance.	Advantage Shaq. It's two against one.	RT @THE_REAL_SHAQ someone pick me up plz, im still in PHX n soooo tired. You win Lance you win. Help	I'd like to join them. Are training wheels allowed?

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# Slugger or the slugged?

**YOKOHAMA, Japan** Jose Canseco is pumped up for his debut in mixed martial arts even though he's not sure what he's getting into. The former Oakland A's slugger is fighting super heavyweight Hong Man Choi of South Korea on the Dream 9 card Tuesday night at Yokohama Arena. "I'm not gonna lie to you, I'm scared," Canseco said. "This guy is huge."

Here is the tale of the tape.

	CANSECO	CHOI
HEIGHT	6-foot-4	7-foot-2
WEIGHT	256 pounds	330 pounds
NICKNAME	One-half of the "Bash Brothers" with fellow slugger Mark McGwire	The Techno-Goliath
RECORD	0-1-1 (a draw in celebrity boxing to Danny Bonaduce and a loss to former Philadelphia Eagle Vai Sikahema)	1-2
WHIZZER'S PREDICTION	See that picture? Canseco better have good insurance.	

### Quenneville fined \$10K

After complaining about the Game 4 officiating Sunday, Blackhawks coach Joel Quenneville was fined \$10,000 on Monday. Quenneville called the roughing penalty at the end of the first period against Matt Walker "the worst call in the history of sports."

### Pirates 10, Cubs 8

Lou Piniella said "there's nothing good that can come out of" claiming umpires are conspiring against you, as Milton Bradley said in a report in Monday's Tribune. "There really isn't," Piniella said.

### White Sox 17, L.A. Angels 3

The White Sox had a season-high 24 hits in Monday's win over the Angels. Meanwhile, Ozzie Guillen was scheduled to arrive in Southern California late Monday from Venezuela. Guillen was visiting his ill father-in-law.



**watch dog**  
**WHIZZER**  
redeyesports@tribune.com

Hope you remembered the fallen who fought for you on Memorial Day. Not just those in the armed services, but those who've passed on in Chicago sports too. As in, the 2009 Cubs, White Sox, Blackhawks and Bulls. Here now, my TV picks.



**MLB**  
**Cubs vs. Pittsburgh**  
7:05 p.m. CSN  
The Pirates should—*should*—be the answer to the Cubs' woes.



**MLB**  
**White Sox at L.A. Angels**  
9:05 p.m. WCIU  
I'm guessing there will be no Hollywood endings here.




**NBA PLAYOFFS**  
**Game 4: Cleveland at Orlando**  
7:30 p.m. TNT  
King James and the Cavs are in trouble. Maybe Dwight Howard is Superman after all.



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# Life's a beach ... literally

**This week's lifeguard has spent more than two decades keeping Chicago beaches safe**



**By Matt McGuire**

"It starts out as a high school or college summertime job, but then it grows on you after that."

That's Eric Bushonville's take on lifeguarding on Lake Michigan, and in his case, it couldn't be truer. Bushonville, 39, has just embarked on his 23rd summer as a lifeguard. He spends the off-season as the natatorium director at the Chicago Park District's Gill Park, but as soon as Chicago beaches open, Bushonville is patrolling the waters.

In his 23 years working as a lifeguard, he's worked at only three beaches: North Avenue, Leone Beach (Touhy and the Lake) and Foster Avenue, where he'll be this summer. We asked him for the dirt, er, sand, er, you know what we mean.



**Eric Bushonville**

**Age:** 39

**'Hood:** Norwood Park

**Title:** Natatorium director/lifeguard captain

**Bushonville at Foster Avenue Beach**  
BARRY BRECHEISEN FOR METROMIX

## What sort of crowd does Foster Avenue Beach attract?

It's a family oriented beach. ... It's probably a 50-50 mix of sunbathers and families. ... It has a fairly new beach house. It was built in 1997. They have concessions, newer bathrooms, a parking lot that's very close to the beach. The sand is nice.

## What makes nice sand?

All of Lincoln Park up to Bryn Mawr is landfill. When you go farther north, the sand is natural, so it's much more rocky. The sand at Foster, North Avenue, Montrose, etc. has been brought in, so it's very fine, nice sand.

## Do bullies really kick sand in nerds' faces or is that just something you see in movies?

That's more for the movies. I haven't seen too much of that. Although there are minor altercations every now and then, but not too much of that. The beaches are pretty calm.

## What's one of the more unusual disputes you've had to break up?

Occasionally, you'll get a few people drinking here and there, which they're not supposed to do. Tempers flare, especially if someone is

hitting on someone else's girlfriend.

## What's the lamest beach pickup line or attempt you've witnessed?

That was more at North Avenue ... Just basic stuff like, "You come here often?" They're mostly trying to display their six-packs as part of their pickup M.O.

## You've got to put it on display if you want people to see it. Exactly.

## Have you ever jumped in the water to save someone?

Yes, I definitely have. Our philosophy on lifeguarding is accident prevention. A common misconception is that a better lifeguard makes more rescues. You want to prevent a potentially dangerous situation before it occurs. But, yeah, I've been involved in multiple rescues. I've done CPR a few times. Most, if not all, of those times were in unpatrolled areas.

## The beaches have been open since Friday. Who's going this early in the season?

Namely sunbathers. We also get a lot of die-hard

swimmers who can swim in 50-degree waters and it doesn't faze them.

## What's your sunblock regiment like?

I use SPF 30. I think if you go beyond that—50 or 70—it's inconsequential. What I've found to work best, to be honest, is the Walgreens brand. Bullfrog is good too, but it's expensive. I put it on multiple times a day.

## Has anyone ever strapped a shark fin to their back and stirred up trouble?

There are kids that have swimming caps with a shark fin on them, but most people know what it is. ... When you swim in Lake Michigan, you don't have to worry about interacting with marine life.

## What about Asian carp?

There are quite a few, and you can see them from the ledges. ... The lake has really cleared up over the years. You can see at least 50 feet down on a clear day. Salmon come close in the spring, and you'll see them from time to time near the piers or the rocks. There are fish in the lake, but they'll swim away if there's any sort of motion toward them.

MATT MCGUIRE IS THE METROMIX EDITOR.  
MMCGUIRE@TRIBUNE.COM

## best bets

By Rebecca Palmore  
rkpalmore@tribune.com

tue  
26

### Sidewalk sports

Red Kiva, 1108 W. Randolph St. 312-226-5577  
Ease back into the work

week at this West Loop lounge, launching a weekly baggo patio party. Also, take aim at \$4 drafts such as Guinness, Fat Tire and Blue Moon. 5 p.m. No cover.

### Burker week

David Burke's Primehouse, 616 N. Rush St. 312-660-6000  
In honor of grilling season, specialty burgers, sides and desserts are on sale during lunch (11:30 a.m.-3 p.m.), including the signature 40-day dry-aged Burker burger for \$5 (add \$1 for cheese). Through Saturday.

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27

### Brewmaster's dinner

Osteria Via Stato, 620 N. State St. 312-642-8450

A five-course beer dinner doesn't have to break the bank. Case in point: this sudsy affair hosted by chef David DiGregorio and Goose Island brewmaster Greg Hall, featuring seasonal Italian eats with Goose Island brews. 6:30 p.m. \$35. RSVP required.

### Champagne table

Rebar, 401 N. Wabash Ave.  
The bubbly keeps flowing at this weekly party hosted by sommelier Steven Lee (May's pick is trendy Veuve Clicquot), but space is now limited to 16, so reserve a spot now. Includes appetizers. 5:30 p.m. \$25. 312-588-8114.

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28

### Mayfest Chicago

Lincoln and Leland Avenues. 773-728-3890

**FREE** We've got plenty of reasons to love Lincoln Square (Old Town School, the Book Cellar). Here's another: This annual German fest kicks off Thursday and goes full force through the weekend with live music, beer and food. 5 p.m. Through Sunday.

### Save the Girls

Enoteca Piattini, 934 W. Webster Ave.  
The Junior Board of A Silver Lining Foundation hosts a benefit party with Italian appetizers, wine and beer. Includes a raffle. 6:30 p.m. \$30-\$35. 312-345-1322.





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## Half-price deals

Spent a ton of cash over the holiday weekend? Ease into the week with these money-saving Tuesday specials.

### 42 DEGREES N. LATITUDE

Half-price bottles of wine, buy two appetizers get one free (5-10 p.m.); 4500 N. Lincoln Ave. 773-907-2226.

### BETWEEN BOUTIQUE CAFE AND LOUNGE

Half-price bottles of wine; 1324 N. Milwaukee Ave. 773-292-0585.

### BLACK DUCK TAVERN

Half-price appetizers; 1800 N. Halsted St. 312-664-1801.

### BLUE FIN

Half-price beer bottles; 1952 W. North Ave. 773-394-7373.

### BULL & BEAR

Half-price appetizers and mini-sandwich trios 3-6 p.m.; 431 N. Wells St. 312-527-5973.

### THE COACH HOUSE

Half-price bottles of wine, \$2 Coors Light drafts, \$5 Jager bombs and whiskey cocktails, board games 7 p.m. No cover; 950 W. Wolfram St. 773-665-5660.

### COOPER'S

Half-price burgers, \$5 cheese pizzas, \$2 off Belgian beer bottles; 1232 W. Belmont Ave. 773-929-2667.

### CORTLAND'S GARAGE

Half-price salads and appetizers, \$3 Bud and Bud Light bottles, \$4 import bottles, \$5 Ketel One cocktails; 1645 W. Cortland St. 773-862-7877.

### EMILIO'S TAPAS LINCOLN PARK

Half-price select bottles of wine; 444 W. Fullerton Pkwy. 773-327-5100.

### GARRETT RIPLEY'S

Half-price bottles of wine; 712 N. Clark St. 312-642-2900.

### HUNT CLUB

Half-price bottles of wine; 1100 N. State St. 312-988-7887.

### INNJOY

Half-price burgers, \$1 PBR and Miller Lite drafts, \$3 Jim Beam cocktails, DJs spin indie rock 10 p.m.; 2051 W. Division St. 773-394-2066.

### JET'S PUBLIC HOUSE

Half-price pizzas, \$2 Blue Moon, Goose Island and Bell's drafts, \$2 vodka lemonades; 6148 N. Milwaukee Ave. 773-792-2440.

### JOE'S

Half-price pizza (before 9 p.m.), 25 cent drafts, \$2 draft pitchers. \$3-\$8; 940 W. Weed St. 312-337-3486.

### JOHN'S PLACE

Half-price bottles of wine; 1200 W. Webster Ave. 773-525-6670.

### THE LUCKY LADY

Half-price wine, \$3 Miller beers, \$5 well drinks, \$3 Bell's Oberon ale, \$5 Effen cocktails; 440 N. State St. 312-670-0335.

### MAD RIVER

Half-price nachos and quesadillas, \$3 Absolut cocktails and Goose Island 312 drafts; 2909 N. Sheffield Ave. 773-935-7500.

### MAEVE

Half-price martinis, \$15 domestic buckets; 1325 W. Wrightwood Ave. 773-388-3333.

### MARGE'S STILL

Half-price appetizers (4:30-6:30 p.m.), half-price bottles of wine; 1758 N. Sedgwick St. 312-266-9775.

### PARAMOUNT ROOM

Half-price bottles of wine, \$10 kobe burger and a pint; 415 N. Milwaukee Ave. 312-829-6300.

### RAW BAR

Half-price tapas; 3720 N. Clark St. 773-348-7291.

### ROCKS

Half-price bottles of wine, half-price appetizers (5-8 p.m.); 1301 W. Schubert Ave. 773-472-7738.

### SOPO

Half-price bottles of wine, \$4 cosmos, \$5 appetizers; 3418 N. Southport Ave. 773-348-0100.

### SULLY'S

Half-price wings, \$3.50 Guinness drafts; 1501 N. Dayton St. 312-929-2779.

### THE TASTING ROOM

Half-price bottles of wine; 1415 W. Randolph St. 312-942-1313.

### THEORY

Half-price wings and Half Acre beers; 9 W. Hubbard St. 312-644-0004.

### TIMOTHY O'TOOLE'S

Half-price Smirnoff cocktails; 622 N. Fairbanks Ct. 312-642-0700.

### TRINITY BAR

Half-price food (5-7 p.m.), \$3 Blue Moon and Guinness drafts, \$2 drafts and call drinks; 2721 N. Halsted St. 773-880-9293.

### VAUGHAN'S PUB

Half-price pizzas, \$3 Blue Moon and Sierra Nevada pints, \$5 mojitos; 2917 N. Sheffield Ave. 773-281-8188.

### VICTORY LIQUORS

Half-price sandwiches and wraps, \$7 Bud Light pitchers, \$4 Absolut cocktails, trivia 8:30 p.m.; 2610 N. Halsted St. 773-348-5600.

### VILLAINS

Half-price appetizers, \$4 Lagunitas bottles and drafts; 649 S. Clark St. 312-356-9992.

### WITT'S

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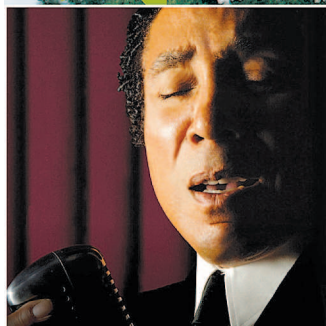


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## Metromix's top shows

### YEAH YEAH YEAHS

Take popular indie rockers. Add keyboards. Subtract some anger. Enjoy. With *Grand Ole Party*. 7 p.m. \$27.50-\$30. Aragon Ballroom, 1106 W. Lawrence Ave. 773-561-9500.

### JESSICA LEA MAYFIELD

Singer-songwriter certainly doesn't sound like she's only 19. With *Among The Oak and Ash*. 9 p.m. \$12. Schubas, 3159 N. Southport Ave. 773-525-2508.

### I WAS A KING

Psychedelic American rock ... from Norway? With *Soft Speaker, Glittermouse*. 9:30 p.m. \$8. Empty Bottle, 1035 N. Western Ave. 773-276-3600.

### HER SPACE HOLIDAY

Goofy pop that's fun enough to compensate for the silliness. With *City Light, Last Fast Action*. 7 p.m. \$10-\$12. Subterranean, 2011 W. North Ave. [housecallent.com](http://housecallent.com)



Yeah Yeah Yeahs

### Tuesday concerts

#### ARI BROWN QUARTET

9 p.m. \$10. Andy's Jazz Club, 11 E. Hubbard St. 312-642-6805.

#### ALIVE IN THE WOODS

10 p.m. Free. Charleston, 2076 N. Hoyne Ave. 773-489-4757.

#### BIG TIME

10 p.m. \$3. Morseland, 1218 W. Morse Ave. 773-764-8900.

#### BILL'S BLUES JAM

8:30 p.m. Free. Bill's Blues Bar, 1029 Davis St., Evanston. 847-424-9800.

#### CELTIC SEISIUNS

7 p.m. Free. The Celtic Knot Public House, 626 Church St., Evanston. 847-864-1679.

#### DEEP BLUE ORGAN TRIO

9 p.m. \$6. Green Mill, 4802 N. Broadway. 773-878-5552.

#### GAS

7 p.m. Free. Chicago Cultural Center, 78 E. Washington St. 312-744-6630.

#### JOE BARR, JOANNA CONNOR

9:30 p.m. \$12. Kingston Mines, 2548 N. Halsted St. 773-477-4646.

#### JOHNNY DRUMMER AND THE STARLITERS

12:15 p.m. Free. Chicago Cultural Center, 78 E. Washington St. 312-744-6630.

#### LINSEY ALEXANDER BLUES BAND WITH NELLIE TRAVIS

9 p.m. \$8. Blue Chicago at Ohio, 536 N. Clark St. 312-661-0100.

#### LORNA BOSTON BAND

10:30 p.m. Cover varies. The Underground Wonder Bar, 10 E. Walton St. 312-266-7761.

#### MATTHEW SKOLLER

9:30 p.m. \$10. Buddy Guy's Legends, 754 S. Wabash Ave. 312-427-0333.

#### PETE GALANIS AND FRIENDS

9:30 p.m. \$7. Rosa's Lounge, 3420 W. Armitage Ave. 773-342-0452.

#### PISTOL PETE

8:30 p.m. Free. Harlem Avenue Lounge, 3701 Harlem Ave., Berwyn. 708-484-3610.

#### ROYAL OSPREY, CABINET OF NATURAL CURIOSITIES, SON CATS, DISTRACTIONS

9 p.m. \$7. Ronny's, 2101 N. California Ave. [mpshows.com](http://mpshows.com)

#### SEXFIST

10 p.m. Free. Red Line Tap, 7006 N. Glenwood Ave. 773-274-5463.

#### SOUND OF MIND

8:30 p.m. \$7. Elbo Room, 2871 N. Lincoln Ave. 773-549-5549.

#### TANGLEWEED

9:30 p.m. \$5 donation. Hideout, 1354 W. Wabansia Ave. 773-227-4433.

#### THE TRAGICALLY HIP

7:30 p.m. \$33. Vic Theatre, 3145 N. Sheffield Ave. 773-472-0449.

#### TYPHANIE MONIQUE

5 p.m. \$5. Andy's Jazz Club, 11 E. Hubbard St. 312-642-6805.



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Controller	COMPANY CONFIDENTIAL	Chicago	CB323373
School Accountant	Millburn School District 24	Wadsworth	CB001311

ADMIN, CLERICAL >>

Executive Assistant	GENERAL CONTRACTOR	Chicago - Southeast	CB320490
PT Assistant Wanted	BUSY PROFESSIONAL	Chicago	CB315035

ARCHITECTS >>

Group Leader	MEAD & HUNT, INC.	Madison, WI	CB315825
Healthcare Architect	SHIVE-HATTERY, INC.	Downers Grove	CB318576

AUTO >>

Auto Body	AUTO DEALER	Elmhurst	CB314859
Auto Luxury Sales	RESNICK GROUP	Schaumburg	CB314228
Auto Sales	AUTO DEALER	Chicago	CB317353
Auto Sales	GARY LANG AUTO GROUP	Chicagoland	CB314854
Auto Sales	THE AUDI EXCHANGE	Chicagoland	CB310557
Automotive positions	MARTIN NISSAN	Skokie	CB310800
Finance/New Car Sales Manager	AUTOMOTIVE DEALERSHIP	Chicagoland	CB316605
Jaguar/Land Rover and Volvo Sa	HOWARD ORLOFF	Chicago	CB312783
Parts Counterperson	NORTH SUBURBAN AUTO DEALERSHIP	North Suburbs	CB317918
Truck Mechanic	TRUCK REPAIR	Chicago	CB325238

BANKING >>

Chief Lending Officer	COMPANY CONFIDENTIAL	Lake County, IL	CB319101
Credit Analyst	NATIONAL REPUBLIC BANK OF CHIC	Chicago	CB313539

CONSTRUCTION >>

General Contractor	FH PASCHEN	Chicago	CB316286
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CUSTOMER SERVICE >>

Customer Service	MM	Chicagoland	CB312609
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DENTAL >>

Dental Hygienist	DENTAL	Woodridge	CB310064
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DRIVER >>

Charity Route Drivers	MANAGEMENT CO.	Des Plaines	CB318669
Dedicated Van T/T	FALCON TRANSPORT	Chicago	CB311121
Drivers	TMC	Various	CB317248
Drivers	US XPRESS	Various	CB314883
Limo Driver & Dispatcher	LIMO COMPANY	Chicago	CB318688

EDUCATION >>

Assistant Director of Admissio	THE UNIV OF IL AT CHICAGO	Chicago	CB310565
Asst Prof-Managerial Econ	NORTHWESTERN	Evanston	CB315956
Chemistry Instructor	CARTHAGE COLLEGE	Kenosha, WI	CB317335



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Teacher	BOYS H.S.	Skokie	CB314629
Teacher	MARIST HIGH SCHOOL	Chicago	CB314776
Teacher	MARIST HIGH SCHOOL	Chicago	CB324872
Turnaround HS Principal	ACADEMY FOR URBAN SCHOOL LEADE	Chicago	CB325583
UW Madison Faculty Associate	UW Madison	Madison	CB001306

ENGINEERING >>

Business Development Asst.	ALFRED BENESCH & COMPANY	Chicago	CB318465
Quality Assurance Champion	COMPANY CONFIDENTIAL	Niles	CB315761
Supplier Quality Engineer	NAVISTAR, INC.	Melrose Park	CB312490

FINANCE >>

Accounts Receivable Specialist	CONFIDENTIAL	Morton Grove	CB318558
Financial Analyst	DMS PHARMACEUTICAL GROUP, INC	Park Ridge	CB317535
Loan Officers	INTEGRITY MORTGAGE CORPORATION	Schaumburg	CB317017

FOOD SERVICE >>

Food Service Openings	COMPASS GROUP	Chicago	CB316035
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GENERAL >>

Activism	GRASSROOTS CAMPAIGN SUMMER JOB	Chicago	CB311798
Assistant Manger/Manger Trainee	FIREBIRD MANAGEMENT	Chicagoland	CB322097
Asst to Tech Dir/Scene Shop Su	COLLEGE OF LAKE COUNTY	Grayslake, IL	CB315835
Car[et HVAC Cleaner/Fire Rest	BROUWER BROTHERS STEAMATIC	Alsip	CB311761
Customer Relations Reps	GREEN FRIENDLY COMPANY	Chicagoland	CB314496
Representatives	LEADING ENERGY SUPPLIER	Chicagoland	CB319025
Washer & Dryer Repair Person	COIN LAUNDRY	Chicagoland	CB314409

GOVERNMENT MUNICIPAL >>

Police Officer	VILLAGE OF GRAYSLAKE	Grayslake, IL	CB318575
US Probation/Pretrial Services	US PROBATION/PRETRIAL SERVICES	Chicagoland/Indiana	CB308806

HEALTHCARE >>

Attending Physician	CHILDREN'S MEMORIAL HOSPITAL	Chicago	CB316911
Medical Claims Examiner	APEX HEALTHCARE, INC.	Bolingbrook	CB310541
Medical Director's rep	LOGISTICS HEALTH INC.	La Cross, WI	CB316888
Medical/Sec/Asst.	DOCTORS OFFICE	South Chicago	CB318395
Ultrasound Technologist	ADVANCED IMAGING CENTER	Schererville, IN	CB315440

HELP WANTED PART TIME >>

Apt Building Maint.	Heritage Manor Apartments	Orland Park	CB001312
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HOSPITALITY >>

Outside Room Sales Manager	Hilton Garden Inn	Kankakee	CB001357
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INFORMATION TECHNOLOGY >>

NOC Manager	TRIBUNE TECHNOLOGY	Chicago	CB309238
Senior AS400 Programmer	DMS PHARMACEUTICAL GROUP, INC	Park Ridge	CB320434



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Position	Company	Location	WEB ID
<b>INFORMATION TECHNOLOGY &gt;&gt;</b>			
Sharepoint Architect	TRIBUNE TECHNOLOGY	Chicago	CB323449
Visiting Software Engineers	UIC	Chicago	CB311028
<b>LEGAL &gt;&gt;</b>			
Legal Secretary	LAW FIRM	Chicago	CB323430
<b>MAINTENANCE &gt;&gt;</b>			
Machine Maintenance	U.S. SAMPLE	Chicago	CB309071
<b>MANUFACTURING &gt;&gt;</b>			
Injection Mold Tech- PMshift	DYNOMAX INC.	Mundelein	CB325446
MACHINE OPERATOR	STELING ENGINEERING	Elmhurst	CB313061
Office Manager	COMPANY CONFIDENTIAL	Southeast Suburb	CB309547
Program/ Set Up/Operate	MFG CO.	NW Chicago	CB316667
<b>MARKETING &gt;&gt;</b>			
Associate Product Manager	AVLON INDUSTRIES INC.	Melrose Park	CB323315
Business Development Asst.	ALFRED BENESCH & COMPANY	Chicago	CB318465
Director of Development and Ma	Edgewater Systems	Gary	CB001171
<b>NURSING &gt;&gt;</b>			
RN's, LPN'S	LAKEWOOD NURSING CENTER	Plainfield	CB314464
RN/LPN/DON/ADON/MDS/LNHA	PERFECT STAFFING SOLUTIONS	Chicago/Suburbs	CB325228
Triage RN	NW INDIANA CARDIOLOGY PRACTICE	NW Indiana	CB321980
<b>PRINTING &gt;&gt;</b>			
2nd Shift Inserting Mechanic	LETTER SHOP	Chicago	CB315377
2nd-Shift Production Superviso	LETTER SHOP	Chicago	CB314921
<b>QUALITY CONTROL &gt;&gt;</b>			
Quality Systems Manager	HEGELE LOGISTIC, LLC	Elk Grove Village	CB314929
<b>REAL ESTATE &gt;&gt;</b>			
Real Estate Appraiser	BOSS APPRAISAL	Chicagoland	CB312285
REAL ESTATE APPRAISERS	ACT APPRAISAL	Chicagoland	CB313110
<b>RESEARCH &gt;&gt;</b>			
Research Assistant Professor	DEPT. OF MEDICINE AT UIC	Chicago	CB313576
Research Assistant Professor	THE UNIV. OF IL AT CHICAGO	Chicago	CB313250
Research Specialist In Pharm S	UNIV OF IL AT CHICAGO	Chicago	CB315126
<b>RESTAURANT &gt;&gt;</b>			
Management Open House	PANERA BREAD	Chicagoland	CB313220
<b>RETAIL &gt;&gt;</b>			
Retail Positions	ALDI, INC.	Chicagoland	CB309457
<b>SALES &gt;&gt;</b>			
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Account Executives/Sales/Mgmt	EMS	Chicagoland	CB312004
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Position	Company	Location	WEB ID
<b>SALES &gt;&gt;</b>			
B to B Inside Sales	IPA	Buffalo Grove	CB316997
B2B Outbound Call Center Rep	GEORGE S. MAY	Park Ridge	CB313049
Customer Relations Representat	JUST ENERGY	Chicagoland	CB317925
Customer Service/Sales Rep	BEST QUALITY CLEANING, INC.	Chicago O'hare	CB310587
Door to Door Canvasser	GALAXIE CONSTRUCTION	Lincolnwood	CB316548
Inside Sales	DMS PHARMACEUTICAL GROUP, INC.	Park Ridge	CB315148
Inventory Sales Consultant	ENABLE HOLDINGS	Chicago	CB324850
On-Highway Account Rep	CATEPILLAR DEALER	Elmhurst	CB325204
Outside Sales	DIGITAL IMAGING RESOURCES, INC	Chicago	CB312498
Outside Sales	GUTTERMAXX	Chicagoland	CB315718
Paper Sales & Technical Rep	PAPER COMPANY	Chicagoland	CB315732
Registration Representatives	ENERGY COMPANY	Chicagoland	CB317230
Sales	AIRGAS NORTH CENTRAL	Chicagoland	CB317804
Sales Rep	TAYMOR INDUSTRIES	Chicago	CB312900
Sr. Account Manager	PCA	Various	CB311956
Territory Sales Manager	BIMBO BAKERIES USA	Chicago	CB312642

**SECURITY >>**

School Security Officer	ACE TECHNICAL HS	Chicago	CB325538
Security	GLENBROOK SECURITY SERVICES	North Suburbs	CB313824
Supervisors & Security Officer	GUARDIAN SECURITY	Various	CB309432

**SKILLS, CRAFTS & TRADES >>**

Maintenance Mechanic	NILES TOWNSHIP HIGH SCHOOL DIS	Skokie	CB310134
Security Officers	METRO ONE LOSS PREVENTION SERV	Bolingbrook	CB313937
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**SOCIAL SERVICES >>**

Bilingual Assessment Screener	ERIKSON INSTITUTE	Chicago	CB323328
Deputy Director	CITY OF KETCHIKAN	Ketchikan, AK	CB320483
Mental Health Counselor	ROCK RIVER ACADEMY & RESIDENTI	Rockford	CB312732
Social Services	VILLIAGE OF NORTHBROOK	Northbrook	CB316214
Social Worker	CORNERSTONE SERVICES	Joliet	CB314833
Supervisor and Child Care Work	ARDEN SHORE	Vernon Hills	CB310610

**TECHNICIAN >>**

Appliance Technicians	AAA APPLIANCE SERVICES	Chicagoland	CB313829
Electronic Technician	PECKENS TV	Roselle	CB317787
Service Technician	FAIRBORN EQUIPMENT CO.	Lombard	CB313422

**TELEMARKETING >>**

Telemarketing	COMMUNITY CALL	Westchester	CB311513
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**TRANSPORTATION >>**

Owner Operators	TOWNE AIR	Chicago	CB313004
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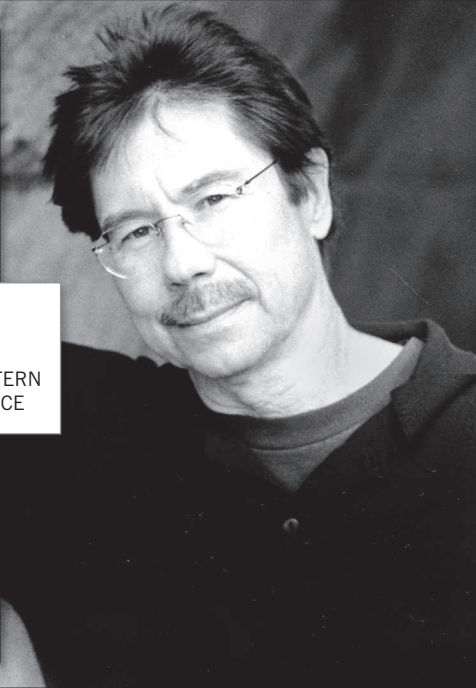
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Northwestern University, Chicago campus  
Wieboldt Hall, Room 408  
339 East Chicago Avenue

A reception will follow the event.  
This event is free and open to the public.



Stuart Dybek is the author of three books of fiction: *I Sailed With Magellan*, *The Coast of Chicago*, and *Childhood and Other Neighborhoods*. Both *I Sailed With Magellan* and *The Coast of Chicago* were *New York Times* Notable Books, and *The Coast of Chicago* was a One Book One Chicago selection. Dybek has also published two collections of poetry: *Streets in Their Own Ink* and *Brass Knuckles*. His fiction, poetry, and nonfiction have appeared in *The New Yorker*, *Harper's*, *The Atlantic*, *Poetry*, *Tin House*, and many other magazines, and have appeared in many anthologies, including both *Best American Short Stories* and *Best American Poetry*.



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A surfer once sued another surfer for "stealing his wave." The case was thrown out because the court was unable to put a price on "pain and suffering" endured by the surfer watching someone else ride "his" wave.



# Going the distance

Planning to master the marathon? Before you grind out training miles, better get with a program

By **Leonor Vivanco**

REDEYE

Megan Touns, 26, never considered herself a runner. She said she couldn't run 30 seconds without feeling awful.

That was before Touns, of Hyde Park, started training this year for her first marathon.

"When I ran my first mile, I felt like I was going to cry because I can't believe I did that. I didn't know that was possible," Touns said.

Meanwhile, Phoebe Block, 27, is gearing up for her fourth Chicago marathon—her seventh overall. This time around, she wants to qualify for what she calls "the Olympics for the average runner": the Boston Marathon. Block and Touns are among the 45,000 runners registered for the Bank of America Chicago Marathon on Oct. 11.

And each year, more marathoners across the country are crossing the finish line. The number of runners finishing U.S. marathons grew from 412,000 in 2007 to 425,000 in 2008, according to Running USA's Road Racing Information Center's annual marathon report. Comparatively, only 25,000 runners finished marathons in 1976, according to the report.

The Chicago Marathon is the second-largest in the U.S. behind New York, with 31,343 finishers in 2008.

Running USA Media Director Ryan Lamppa attributes the increased popularity of marathons to successful training programs across the country. These programs are particularly effective for novice marathoners, he said.

Chicago Marathon spokeswoman Marianne Caponi agrees.

"The amount of information and assistance that is available makes it easier to properly train for a marathon," she wrote in an e-mail to RedEye.

For running novices and marathon mavens alike, there's a lot of ground to cover when it comes to preparing for the big race. Already



Megan Touns of Hyde Park is training for her first marathon with the AIDS Marathon Training Program. To build endurance, she runs for one minute, followed by two minutes of walking.

MICHAEL JARECKI  
FOR REDEYE

many runners are starting their training programs.

Touns, a research technician in the biology lab at the University of Chicago, daydreams about the race. "I fantasize about how it will feel to be running, hearing people yelling my name and seeing people running next to me," she said.

"I can't wait to experience what that will be like, especially after training for six months and hopefully feeling like this a doable thing."

Running programs typically include long runs that increase incrementally in mileage each week and taper back some weeks to allow the body to recover; short runs; recommended cross-training throughout the week and at least one day of rest. But training is more than just logging miles, running coaches say. Getting marathon-ready also means wearing the right gear, eating a balanced diet, staying injury-free, and taking rest days to allow for recovery from running.

Runners need to pay attention to how their bodies feel during training and should be careful not to overdo it, doctors and coaches said.

"Try to gradually build your conditioning so that you can start from the couch and get across the finish line with a smile on your face without a lot of aches and pains," said Rob Young, a running coach with the Leukemia & Lymphoma Society's Team in Training program.

Jenny Hadfield, co-founder of Chicago Endurance Sports and author of "Marathoning for Mortals," suggests running at a conversational pace.

"One of the greatest mistakes newbies and seasoned marathoners make is they run most of their runs too fast," she said.

Block, who lives in Lincoln Park, knows how crucial proper training can be to help build endurance. She has run marathons in Chicago, San Antonio, Washington, D.C., and Nashville since 2006, when her older brother

was diagnosed with leukemia. Block, a research programs study coordinator at Northwestern University's Feinberg School of Medicine, said she felt helpless just wanted "to do something."

"If you had asked me before that point if I'd ever be running a marathon, I would've laughed at you," she said.

Block has transformed from running novice to addicted marathoner. She already has signed up for the Rock 'n' Roll marathon in Arizona in January and is thinking about running the Philadelphia marathon in November.

Training for the marathon is worth the sacrifice, said Block, who signed up with the Leukemia & Lymphoma Society's Team in Training program to help raise money for cancer research and patient programs.

"Compared to chemo, I mean, come on, this is nothing," she said.

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"Compared to chemo, I mean, come on, this is nothing."



# Become a marathon machine

Let's start with running. Running should be like a pawing action, not a striking one, said Katie Wargula, running coach for the AIDS Marathon Training Program. "If you're running and you hear your foot smacking and pounding the ground, you're doing something wrong. You should be light on your feet," she said.

Take short strides, she said. When your foot hits the ground, it should be underneath your hip instead of stretching too far in front, she said.

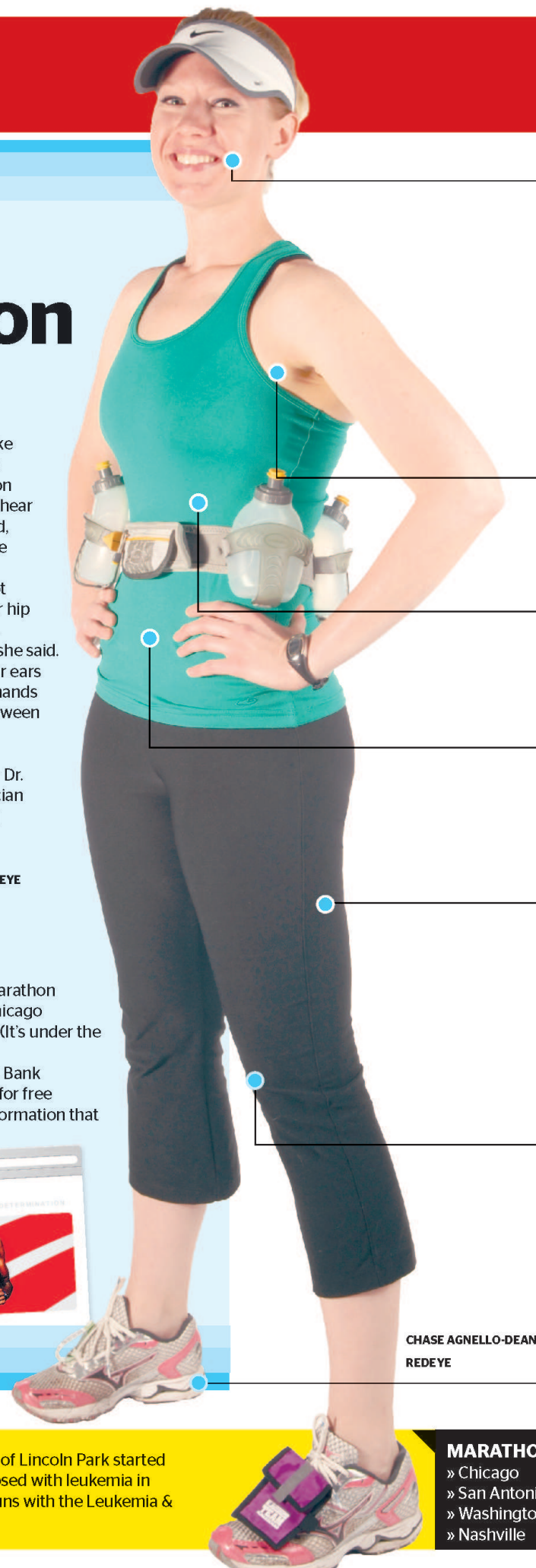
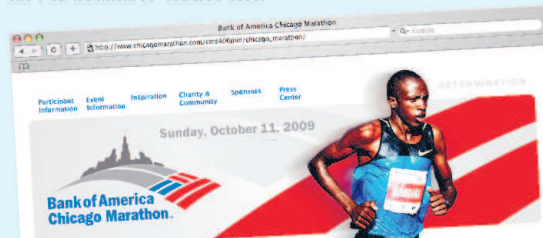
Keep from bouncing and relax your arms, she said. Shoulders should not be shrugged up by your ears and fists shouldn't be clenched; rather, your hands should feel like you're holding a dollar bill between your fingers.

As for the rest of your body, take note of these tidbits from marathon medical director Dr. George Chiampas (also an emergency physician at Northwestern Memorial Hospital), running coaches Wargula and Rob Young of Team in Training, and Jenny Hadfield, author of "Marathoning for Mortals." **LEONOR VIVANCO, REDEYE**

## How to run it

Runners can download Nike's free 17-week marathon training programs on the Bank of America Chicago Marathon Web site: **chicagomarathon.com**. (It's under the "participant information" tab.)

Runners also can take part in Nike's Official Bank of America Chicago Marathon Training Runs for free throughout the week at various locations, information that also is available on the site.



### Mouth

Stay hydrated, Chiampas said. You should not be losing more than 2 percent of your body weight on long runs, he said.

Low sodium puts runners at risk for cramping and hyponatremia, a condition that occurs when sodium is diluted in the bloodstream. In severe cases, hyponatremia can be deadly. Salt tablets can help, Chiampas said. Hyponatremia also can result from drinking too much water.

If you set out on a two- to three-hour run, Chiampas generally recommends drinking about 1 cup of water or sports drink every 20 minutes. Sports drinks such as Gatorade Endurance Formula also can help with hydration, Hadfield said.

### Chest

Stop immediately and seek evaluation if you experience chest pain, lightheadedness, dizziness or shortness of breath, Chiampas said.

### Torso

Cotton clothing can cause blisters and chafing when wet. Instead, Young recommended, wear synthetic moisture-wicking apparel to keep you dry.

### Stomach

Don't go overboard loading up on carbs the night before a long training run, Young said. If you consume products such as gels or blocks for an energy boost while running, remember that they're supplements, not staples, Hadfield said.

### Thighs

Protect your thighs from chafing by using Vaseline or Bodyglide. Either can be applied to other areas such as the armpits, sports bra strap and between the toes, Young said. Apply any place there's friction and blisters can occur, including on the inner part of your arm where your shirt rubs against it, Wargula said. Men also have to worry about their nipples chafing against their shirt. The solution: NipGuards, or regular Band-Aids, to prevent bleeding.

### Knees

Don't run through pain or injuries, Chiampas said. Seek medical attention if the pain is in your knees, ankles, hips or feet. Any pain that causes you to alter your running stride is a sign to get it checked out, Hadfield said.

Minor soreness or aching is normal, Young said. But, "if it's a sharp, shooting pain, very acute, and it's always in one spot, and, if you tap it with a finger, you're screaming in agony, those kind of things are not your normal aches and pains," he said.

### Foot

Wear shoes that are a half-size larger than your usual shoe size. "As you're training and going for longer distances, blood flow will cause your foot to swell a little bit," Young said. Shoes should last 300 to 600 miles before they need to be replaced. Young recommends buying a new pair for training and another pair about a month before the big race—run in them for 20 to 50 miles before the marathon.

CHASE AGNELLO-DEAN/  
REDEYE

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Veteran marathon runner Phoebe Block (above) of Lincoln Park started running marathons after her brother was diagnosed with leukemia in 2006. To raise money for cancer research, she runs with the Leukemia & Lymphoma Society's Team in Training program.



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## Cancer

June 22-July 22

You like to keep people guessing. On the one hand, you're the nice guy, the "let's just be friends" dude with whom all the girls feel safe. On the other, you're a raving sex maniac. Or you're the "good girl" who has a secret alter ego who is "bad." The moon says keep having fun.



## Leo

July 23-Aug. 22

You hate it when people tell you that you're wrong, but guess what—you are. A moon opposition is showing you that you've been inaccurate in your perceptions of a certain person. Whether this leads to a sensual reunion or a tentative friendship is up to you.



## Virgo

Aug. 23-Sept. 22

Mercury is going direct, so that hangover you've had for the past three weeks is over. Celebrate by doing something silly. Write a dirty limerick in honor of your love. Buy your honey a weird yet adorable gift. Do something that surprises your partner.



## Libra

Sept. 23-Oct. 23

Jupiter has you convinced that anything is possible. You'll convince that professional cheerleader to date you. Or you will succeed with your nefarious plan to seduce your very married neighbor. You never know.



## Scorpio

Oct. 24-Nov. 21

Showing off could get you in trouble. Mercury is messing with your game. Don't slide down the banister at your girlfriend's house unless you want to break a leg. Don't perform heroic physical acts that can lead to hospital visits. You're not Wolverine.



## Sagittarius

Nov. 22-Dec. 21

You think you know what you want, but then

you change your mind the next minute. This isn't the best week to have "the talk" with your significant other because you'll only confuse him or her. A moon opposition says chill out and think things over.



## Capricorn

Dec. 22-Jan. 19

Mars is making you more determined than ever. As God is your witness, you will get laid sometime before you're old and gray. And you're determined to boldly go where you haven't gone before, even though love scares the crap out of you.



## Aquarius

Jan. 20-Feb. 18

Trust your psychic powers. Neptune has you plugged into your lover's innermost feelings. You'll know exactly what she needs to feel cherished. You'll anticipate just what your guy requires to make his sexual dreams come true.



## Pisces

Feb. 19-March 20

Take care of unfinished business. Pluto is reminding you that some things aren't over yet. Deal with them. Face your former flame without fear. Handle money stuff and legal negotiations, and address unresolved issues with an ex.



## Aries

March 21-April 19

A former flame could show up on your doorstep and demand a reunion. The moon is stirring up the wacko factor. Be cautious before hitting the sheets with your ex. Your old bed buddy might be stressing out about life, not truly pining for you.



## Taurus

April 20-May 20

Thanks to Mercury, you're vindicated. It turns out your ex-boyfriend really was cheating on you. You weren't making up the soap opera elements of your love life in recent months, but nobody believed you. Now they do.

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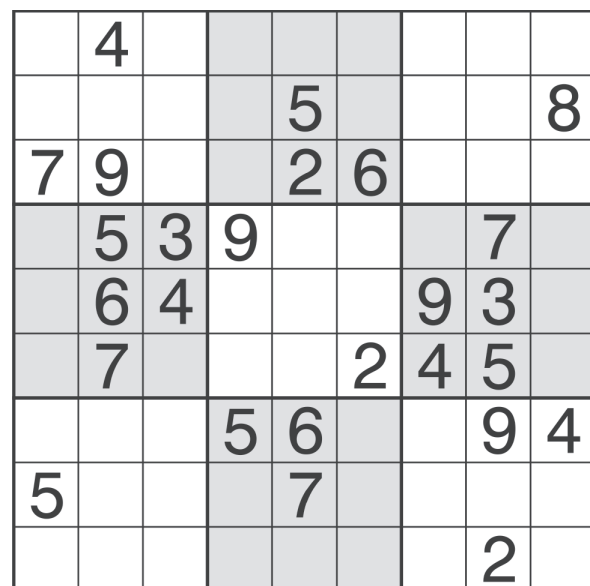


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9	2	1	7	5	6	8	4	3

## SATURDAY'S SOLUTIONS

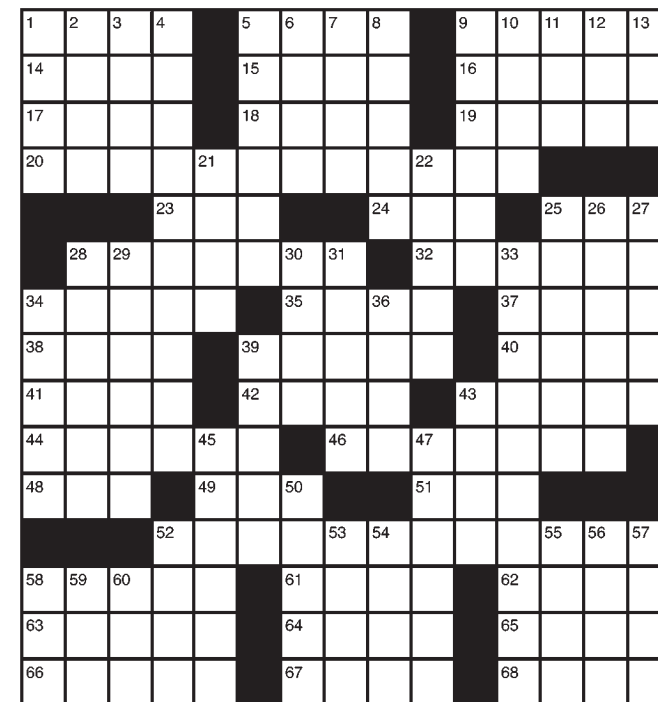
B	R	I	T	A	D	A	M	S	A	F	E	R
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				E	A	R		T	R	E		S
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				V	I	N	C	E	O	A	T	S
				A	N	T	I	B	A	N	E	S
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				P	R	E	S	E	T	A	D	O
				S	S	E	D	E	E	N	E	V
								F	I	D	D	L
								C	A	R	A	T
								O	R	A	T	E
								S	T	E	E	D
								R	E	L	S	E
								E	Y	E	R	

## ACROSS

- 1 Stuff
- 5 ER word
- 9 Blue ribbon
- 14 Prefix for port or copter
- 15 Sound
- 16 SS Andrea
- 17 Lupino's namesakes
- 18 -tat-tat
- 19 Antlers
- 20 Opposed
- 23 Reagan or Howard
- 24 That lady
- 25 Bath with seats
- 28 Was terrified of
- 32 Portion
- 34 Response to a corny joke
- 35 Rush of wind
- 37 Flexible tube
- 38 Owl's noise
- 39 Expenses
- 40 Greek letter
- 41 Before: pref.
- 42 Dog in "The Thin Man"
- 43 Cherub
- 44 Required
- 46 Made rude nasal sounds
- 48 Combine
- 49 Football official
- 51 Show
- 52 Came to pass
- 58 Butter beans
- 61 Paper quantity
- 62 Roof piece that juts out
- 63 Make accustomed
- 64 "Karenina"
- 65 Snick and
- 66 Called a halt to
- 67 Gambler's woe
- 68 Care for, as a garden

## DOWN

- 1 Stylish
- 2 Change the decor
- 3 Actor Alda
- 4 Abused
- 5 Bit of hair
- 6 Amphibian with no tail
- 7 Prefix for body or freeze
- 8 Educate
- 9 Stick



10 Carpenter's need

11 Coming: abbr.

12 Tin Tin

13 German article

21 Reddish horse

22 Examinations

25 Larry, Moe or Curly Joe

26 Put up placards

27 "American Hero"; 1978

28 Hummed

29 Cheered

30 Senses of self-esteem

31 Cleans off furniture

33 Stingiest

34 African nation

36 Musial

39 Annapolis pupil

43 Seed covering

45 Rubbed away

47 Michelle and her hubby

50 Wild

52 Female horse

53 Nevada

54 Richardson and

55 Western writer Grey

56 Balanced

57 Legal document

58 Tall tale

59 Place for a traveler

to stay

60 Wet, soft dirt

# Why not leave sawing logs to the lumberjacks.

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BY JIM WALSH

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## One or the 'Other'

So you've heard about Lindsay Lohan's new project, "The Other Side," right? It's an indie comedy about a grad student working at a scientific institute on some far-away island who discovers an "eccentric community of characters," according to Variety. Woody Harrelson, Giovanni Ribisi, Dave Matthews and Alanis Morissette are attached to the project.

But did you know the role originally was intended for Katie Holmes? That's what director David Michaels recently revealed to E! News. Apparently she opted out and committed to her Broadway gig in "All My Sons," leaving the movie makers looking for a new lead. And Lohan seems the natural pick, doesn't she? She and Holmes have so much in common. See if you can correctly stack the following facts under the right actress.



### WAS IT LINDSAY OR KATIE?



1. She played twins in the 1998 Disney comedy "The Parent Trap."
2. She is married to Tom Cruise.
3. She's 22.
4. She was in "Batman Begins." Not so much with "The Dark Knight."
5. Her trademark look? Red hair and freckles. Sometimes blond.
6. She has a kid.
7. She's had more than a few moving violations.
8. She's 30.
9. She used to date celeb DJ Samantha Ronson.
10. In 1998 she was getting started on "Dawson's Creek."

**ANSWER**  
KEY: 1, 3, 5, 7, 9: Lindsay Lohan; 2, 4, 6, 8, 10: Katie Holmes



### THE QUICK & DIRTY



» Britney Spears attends Louisiana wedding—for cousin  
» Olympian Kerri Walsh, husband welcome son in L.A.  
» Nigel Lythgoe sorry for "stupid" same-sex comments

» Kiefer Sutherland, alleged victim: Head-butt issue resolved  
» Brooke Shields: I would have lost my virginity before 22  
» Jessica Biel: I'd love to co-star with J.T.

» Clay Aiken apologizes to Adam Lambert for critique  
» Mel Gibson confirms girlfriend is pregnant  
» "White Ribbon," "Inglourious Basterds" win at Cannes





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Chalke  
GETTY IMAGES FILE

# Chalke-ing it up

Sarah Chalke has had a great year.

"Scrubs" ended its season with her character, Elliot, and Zach Braff's J.D. married with child. As Stella on "How I Met Your Mother," she's been on-again, off-again with Josh Radnor's Ted. And for Lifetime's mini-series "Maneater," premiering Saturday, her character bullies a love interest played by hottie Philip Winchester into getting married.

Seeing Chalke get all that on-screen action led RedEye to ask: Which leading man is the sexiest?

"Zach, Philip or Josh? Mmm. they're all so different, it's hard to compare," she said Friday. "I would say that I was lucky to have all three within the same year. They all have a little somethin' somethin', and all of them are great kissers."

## THE VELVET ROPE

### Break up

Mark your calendars. Scarlett Johansson is set to release her second album on Sept. 8. The actress teamed up with Pete Yorn to record "Break Up," an album of duets that "chronicles a tempestuous affair," according to USA Today. Can't wait? Listen to a song for free at [thebreakupalbum.com](http://thebreakupalbum.com).



Johansson

### T.I.'s pre-prison performance

"I'm going to stand up tall, head up high." That's what T.I. told a crowd of more than 16,000 people in Atlanta on Sunday in a performance less than two days before he was to go to prison for a federal weapons conviction. The singer was scheduled to report by noon Tuesday to the Federal Correction Institution at Forrest City, Ark.

### Make it work, Tim Gunn

The "Project Runway" mentor is slated to don Iron Man's suit of armor as an action figure for "Models, Inc.," a comic book series by Marvel, the New York Times reports. Gunn will "save a fashion exhibition from evildoers," according to the Times.



Gunn

### Boyle does it again

Another performance, another standing O. YouTube sensation Susan Boyle performed again on "Britain's Got Talent" on Sunday. Her rendition of "Memory" from the musical "Cats" was enough to bring the three-judge panel to its feet and win the "public vote" from the viewing public, [ew.com](http://ew.com) reports.



Boyle

## DIGIT


### \$70 million

Early box office estimate by [hollywood.com](http://hollywood.com) for "Night at the Museum: Battle of the Smithsonian" over Memorial Day weekend, according to [ew.com](http://ew.com).

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